

# COVID-19: Psychological Wellbeing

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## Help and Support

- COVID-19 is bringing unrivalled challenges for us as individuals, and as part of a wider Irish society. It is important that we all as individuals do what we can to look after ourselves and also each other as we try to effectively manage this evolving situation.
- If we want to check the facts then the best place to get information is from the HSE Website [www2.hse.ie/coronavirus](http://www2.hse.ie/coronavirus) or [www.HPSC.ie](http://www.HPSC.ie) where there are regular updates relating to COVID-19 in Ireland.
- We are all facing practical and emotional challenges right now and in an effort to assist with grounding ourselves in responding as effectively as we can, we have put together a series of help sheets to provide information and steps that might be helpful.

## Be Kind



*Breath*



*Exercise*



*Kindness*



*Intention*



*Nurture*

*Relationships*



*Diet*

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## Breath



Pay attention to the breath. It is our anchor and the best tool we have to reduce tension and anxiety in the body and mind.

## Exercise



Regular exercise helps maintain routine and protects our physical and mental health.

## Kindness



Be as kind and compassionate as you can be with yourself.

## Intention



Make a personal commitment to make a positive impact each day for yourself and those around you, no matter how small.

## Nurture Relationships



It is vital that we maintain emotional connection using eye contact, a smile or kind word while observing social distancing.

## Diet



Keep to a healthy, balanced diet (avoid excess caffeine and alcohol).

**Remember to try to keep to your usual sleep routine during this time too.**

## Online resources

See 'Cork Kerry Community Healthcare' Youtube channel for our  
*5 Ways in 5 Days* series of support videos

Download our help guides at: [hse.ie/corkkerryhealthyireland](https://hse.ie/corkkerryhealthyireland)